

SPRING HAS SPRUNG, SUMMER IS RISING
A Paid-For Periodical Subscription

The First Amendment to the U.S. Constitution protects free speech. Regulations that permit the government or its employees to discriminate on the basis of the content of the message cannot be tolerated under the First Amendment (i). Further, prisoners retain free speech rights. Thought control, by means of prohibiting beliefs, would not only be undesirable but impossible (ii). Fact of confinement and needs of the penal institution impose rational limitations on prisoner free speech rights (iii), but those restrictions must have a "valid, rational connection" to "legitimate penological interests" not related to the content of ideas (iv). Regulations and practices can only be justified when the practice "furtheres an important or substantial government interest unrelated to the suppression of expression" (v). This means you cannot legally suppress the expression of ideas. Prison walls do not serve to form a barrier separating prisoners from the protections of the constitution (vi). Core political speech is most-zealously guarded and there is a public interest "in having free and unhindered debate on matters of public importance--the core value of the Free Speech Clause of the First Amendment" (vii). Thus, exclusion of printed material on the basis of its poltical perspective amounts to free speech retaliation and discrimination, which is illegal (viii). If you exclude printed material for an unlawful basis, or if you simply conjure up a false pretext for its exclusion, you have broken the law. The prisoner recipient of this mail has cause for bringing a civil rights action against you and has cause for gaining punitive damages--which means money. You and everyone who permits this action, from your supervisor to the director of the prison system, may be named in those civil actions, and you may also be subject to termination from your employment. Because this primer is included in this mailing, you will not be able to claim you did not know your actions were illegal. For these reasons, we ask that you conform to federal law and refrain from unlawful discrimination against the enclosed materials, permitting mail service of this literature that objectively meets all legitimate criteria set forth in prison regulations.

CASE CITATIONS i, Reagan v. Time, Inc., 468 U.S. 641, 648-49, 104 SCt 3262 (1984). "[T]he fact that society may find speech offensive is not sufficient reason for suppressing it. Indeed, if it is the speakers' opinion that gives offense, that consequence is a reason for according it constitutional protection." Hustler Magazine, Inc v. Falwell, 495 US 45, 46, 108 SCt 876, 882. The government may not prohibit the expression of an idea simply because society finds the idea itself offensive or disagreeable, U.S. v. Eichman, 496 US 310, 319, 110 SCt 2404 (1990). "[A]bove all else, the First Amendment means that government has no power to restrict expression because of its message, its ideas, its subject matter, or its content." Police Dept. of Chicago v. Mosley, 408 US 92, 95, 92 SCt 2286, 2290 (1972). ii, Jones v. North Carolina Prisoners Labor Union, 433 US 119,97 SCt 2532 (1977). iii, Pell v. Procunier, 417 US 817, 822, 94 Set 2800, 2804 (1974). iv, Turner v. Safely, 482 US 78, 107 SCt 2245 (1987). v, Turner, supra. vi, Turner, supra. vii, Pickering v. Board of Education, 391 US 563, 573, 88 SCt 1731 (1968). viii, Abu-Jamal v. Price, 154 F3d 128 (3rd Cir., 1998); X v. Blatter, 175 F3d 378 (6th Cir. 1999)

A Paid-For Periodical Subscription
PO Box 414304
Kansas City, MO 64141

A Paid-For Periodical
Subscription
PO Box 414304
Kansas City, MO 64141


SPRING HAS SPRUNG, SUMMER IS RISING

A Paid-For Periodical Subscription ~ Issue 7: Summer 2017


In this Issue: Art, Science, Literature, Nature, Health

Flying Dragon Asana Yoga Sequence from Flying Dragon Yogis


To promote peacefulness, health, and well-being

- 


1. Start in tadasana, hands in prayer.



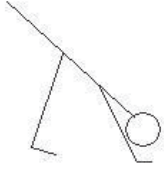
2. Inhale to raise both hands to sky, flying your dragon wings. Raise your right thigh to parallel with the floor.




3. Shoot your right leg to the back of the mat and exhale into a low lunge, both hands on the inside of the left foot, with chaturunga arms, in gecko.



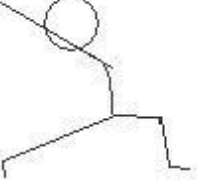
4. Inhale to straighten your right arm (maintaining a micro-bend at the elbow) and open your left arm high and lift your heart.



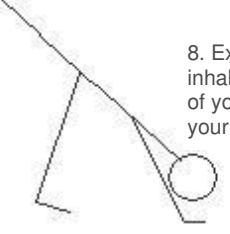
5. Place both hands on the mat and inhale your left leg high to sky, wagging the dragon's tail straight out behind you.



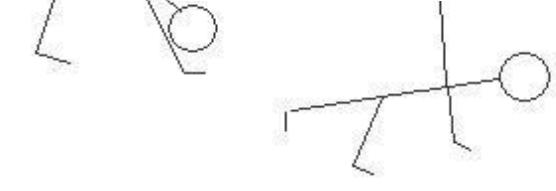
6. Exhale your left foot to the front of the mat and inhale to rise up into crescent lunge (full or modified with the knee on the ground).




7. On your next inhale open your heart into a gentle back bend, allowing your dragon wings to open out to your sides and your armpits to curl towards the sun.




8. Exhale and dive both hands back to your mat, inhale as you pick your left foot up from the front of your mat and take it high, allowing you to find your dragon tail again.




9. Exhale to thread your left leg through and under, coming into a variation of side plank with your feet far apart. Your weight is on the outside of your left foot and inside of your right foot. Press into your left palm, maintaining a slight bend in your left elbow, and then raise your right arm and gaze to sky. [This can also be modified with the left knee on the ground.]



10. Inhale to shoot your left leg high once more to express your final dragon tail for this round.



11. Exhale as you raise your upper body slowly and keep your left leg strong to find dakasana (aeroplane). Here your dragon takes off and soars through the clouds.



12. Land back in tadasana, hands at prayer position. Repeat on the other side (starting by raising the left thigh parallel to floor as in point 2.). This completes one round.
- A circular illustration of a dragon flying over a landscape. The dragon is depicted with large, spread wings and a long, curved tail. It is flying over a body of water where a small boat is visible. In the background, there is a castle or fortress with a tall tower. The scene is set within a circular frame.
- Dragon by Uhuru Rowe
- 20
- 1

IWOC Statement of Purpose July 31, 2014

1. To further the revolutionary goals of incarcerated people and the IWW through mutual organizing of a worldwide union for emancipation from the prison system.
2. To build class solidarity amongst members of the working class by connecting the struggle of people in prison, jails, and immigrant and juvenile detention centers to workers struggles locally and worldwide.
3. To strategically and tactically support prisoners locally and worldwide, incorporating an analysis of white supremacy, patriarchy, prison culture, and capitalism.
4. To actively struggle to end the criminalization, exploitation, and enslavement of working class people, which disproportionately targets people of color, immigrants, people with low income, LGBTQ people, young people, dissidents, and those with mental illness.
5. To amplify the voices of working class people in prison, especially those engaging in collective action or who put their own lives at risk to improve the conditions of all.

FELLOW WORKERS:



Remember!
WE ARE IN HERE FOR YOU; YOU ARE OUT THERE FOR US

JOIN US

The Incarcerated Worker is a publication of the Incarcerated Worker Organizing Committee of the Industrial Workers of the World. Join the rank-and-file union that's organizing prisoners internationally! Send name, ID #, and address to:

IWW IWOC
PO Box 414304
Kansas City, MO 64141-4304

CONTRIBUTE

The Incarcerated Worker features writings of prisoners, welcoming contributions of writing and art particularly from a revolutionary labor perspective, all subject to editing for space and for content. Contributions should be sent to:

Kent Books to Prisoners
CSI Box X
KSU Student Center
Kent, OH 44242

Editorial Policy

Collectively, we may not know exactly what we're looking for, but we'll know it when we see it. And we may not know what we're NOT looking for, but we'll definitely get plenty of it.

We have to decide: Do we want to produce quality that will inspire and move people and contribute to a goal, or do we want to be a forum for terrible material no one else will print?

I opt for the first. So, I suggest our editorial policy should be fluid and evolving and organic, case by case, issue to issue. In other words, no real policy at all.

—Editor FW Sean Swain

Due to limited printing capacity, content should be kept shorter than 5 pages.

Send your self-addressed stamped envelopes with requests for back issues, so we can save on postage.

Remember to share and spread things around so we can all grow!

However, this fluid policy is subject to change at the democratic will of incarcerated workers like YOU! Fellow workers in Missouri prisons suggested a rotation of contributing authors. Authors shall be set in rotation each issue, so each gets a turn to share their voice.

The more articles you send the more we can put in rotation. The articles should teach and motivate each other. The paper's goal is solidarity through communal knowledge; each one teach one!

—Outside Editor, Mike L.

10/10/2016

Fellow workers! This is a statement from Jock Palfreeman on behalf of the Bulgarian Prisoners Association. This statement was released after the September 9th strikes caught attention all over the globe and expresses that the Bulgarian Prisoners Association sees IWOC as an ally in the same battle. Bulgaria is known for having massively overcrowded prisons, brutal police and a variety of other notorious corruptions in the name of "law and order". Jock Palfreeman, himself, is a very interesting comrade. He was in Bulgaria serving the UK army when he protected two Roma (also known as "gypsy", but that's a slur in most cases) from being jumped by a gang of 15 racist youth. At the end of the skirmish, one of the racists was stabbed and Jock was sentenced to 20 years in Bulgaria. Since his unjust sentencing, he's co-founded the Bulgarian Prisoners' Association which has been fighting for the legal and human rights of prisoners in Bulgaria, and was almost nominated to a humanitarian "person of the year award". Enjoy comrades! -FW Mike L.

Jock Palfreeman
Chairman Bulgarian
Prisoners' Rehabilitation
Association
21 General Stoletov
Sofia 1309
Bulgaria

Gday Comrades

at IWW/IWOC

My name is Jock Palfreeman, I was convicted 20 years for defending a Roma man being beaten by 15 neo-nazis in Sofia Bulgaria and one of the neo-nazis died trying to kill me. I was arrested at the site of the attack in 2007 and I have been in prison since.

However I am not writing about my personal situation. I received an invitation to join the IWOC from Anthony Rayson (I think his name is spelt). I don't know who this person is and I don't know anyone personally in the IWOC, except I know some comrades in the UK who were members once upon a more youthful time ☺

Obviously I am watching all the prison strikes and actions happening over there in the states. We actually just got through a massive time of legislative reforms that were submitted to parliament a week ago ready for discussion and voting. So for over a year and a half we have been busy lobbying in the Ministry to get the right reforms included and the real problems highlighted.

About 4 years ago we registered our own prisoners' union, Bulgarian Prisoners' Association. We are a legally registered NGO and that comes with all the expected restraints accordingly. Anyway, check out our facebook page and share the news, as I am sure you know very well, the more we are connected and sharing information the stronger we become. Also we have a website now bpra.info and the facebook page is linked in there too.

I spoke with some of the lads in the BPRA (our union) and we discussed that there wouldn't be really any practical applications but symbolically we would like to officially join our Association with the IWW and IWOC. As I said, there is little we can do together practically speaking as we are so far apart, so I suppose it is more of a symbolic gesture that prisoners in Bulgaria are showing solidarity to our comrades incarcerated in the US and visa versa.

Otherwise there is not much need for individual member of the BPRA to join the IWOC in Bulgaria as there isn't anyone here.

All the best comrades
Solidarity
Jock Palfreeman

Jock Palfreeman



in august. We encourage all of our supporters to help spread the word about this important event.” Bearded dragons will grow up to between 13 inches and 24 inches. In captivity, they live up to 10 years and up to 12 years when they live in the wild. Female bearded dragons have been known to hold sperm for up to 2 years which means that they don’t have to mate in order to lay eggs.

Male bearded dragons have larger heads than females then to have. Baby bearded dragons weigh only 2 grams in weight, this is the weight of five paper clips. They measure around 4 inches in length when they are born. Both male and female bearded dragons have wedge-shaped heads. If there are two males together, one will dominate the other. If they are of equal size, they will fight, if there is a smaller one, it will submit by taking its arm and moving it in a counter clockwise direction and the larger dragon will understand that this is a sign of submission. They will alternate between both arms. They also do this when they are mating. Unionizing the prisoners gives us a sense of collective power and responsibility to each other. Labor unions can give prisoners more unity and more power to challenge the system that's exploiting prisoners as well as a structure to give prisoners power to resist collectively. It's the 13th amendment that allows prisoners to be paid below minimum wage. The union has a role to play in building the sense of collective power, so that's why george jackson thought prisoner unions were necessary. The demands are many and varied based on conditions in different states and facilities, but take for example the demand for minimum wage, if they're forced to pay prisoners, and we can force their hand, it'll break down the prison system, because the prison system was not based on anything but exploitation of prisoners. The tail of a bearded dragon makes up to just under half its total length. There are eight known species of bearded dragon. They use their beards to help them appear larger to predators. Both male and female bearded dragons have a beard which is used for attracting a mate and for displays of aggression.

They are what is known as semi-arboreal creatures. This means that they spend some of their time in trees. They enjoy wading and swimming in water. Although there is little water in their natural habitat. They have really good eyesight and are able to see prey or predators over long distances. In order to claim their rights to a basking spot, dominant bearded dragons will try and climb and even lie on top of a lesser bearded dragon. From iwoc, “whereas prisoners are organizing a million prisoner march on washington this august, including key members of our internal network, whereas the mission of the mobilization is in line with iwoc's values and we would benefit from more contact with more ex-prisoner organizers and their allies (see their statement below), whereas this mobilization is timed to correspond with likely inside actions, be it resolved that the iwoc steering committee endorse an august mobilization to dc, and strike a temporary committee to coordinate iwoc's participation in the mobilization. They are very friendly creatures and have a good, kindly temperament. Although Bearded dragons love to eat, they can actually go for weeks without eating and so can survive in the most harsh of environments where there isn’t anything to eat.

Bearded dragons have a period of the year where they will rest more than normal, quite like a hibernation. In this time, they will sleep and rest a lot. This period is called a brumation. Bearded dragons can unfortunately die early because of constant breeding or if they are kept in poor conditions. From the new abolitionist movement, “we seek to unite activists, advocates, prisoners, ex-prisoners, their family and friends, as well as all others committed to the fight to drastically reduce or eliminate prisons and the prison system, and replace them with more humane and effective systems. our aim is to expose the prison industrial complex for the human rights violation that it truly is. we want to challenge the idea that caging and controlling people keeps communities safe. we believe that for too long our nation has relied upon incarceration as a way to solve broader social problems to its detriment. in august of twenty seventeen we will march on washington to bring world attention to the continued slavery and involuntary servitude in america, enabled by the thirteenth amendment and to highlight the ever increasing movement against the prison industrial complex.” Bearded dragons are very territorial creatures and can be quite aggressive to other bearded dragons who come onto their territory. They are found in different colors such as grey, red-brown, red, brown, orange, white and yellow. When they feel threatened by a predator, a bearded dragon will look to flatten its body. It will then puff out its throat and then it will open its mouth. This makes the bearded dragon appear much larger than it is.

When they get too hot, bearded dragons will actually bask with their mouths wide open, almost like a panting dog. millions for prisoners human rights core demands: we demand the thirteenth amendment exception clause of the united states constitution be amended to abolish legalized slavery in america, we demand a congressional hearing on the thirteenth amendment exception clause being recognized in violation of international law, the general principles of human rights, and its direct links to: private entities exploiting prison labor, companies overcharging prisoners for goods and services, private entities contracted by states/federal government to build and operate prisons. this would also include immigration detentions, racial disparities in america's prison population and sentencing, policing: the disproportionate unaccountable killings by police in the black and brown communities, felony disenfranchisement laws, immigration and customs enforcement 34k detention quotas, producing the world largest prison population. To assert their dominance they will bob their head up and down or if this doesn’t work, they will puff out their beard and it will turn black. They come from South-East Australia and live in semi-desert environments. Bearded dragons are very inquisitive creatures. They have up to 24 eggs at a time in one clutch, which is a collection of eggs.

Most pet Bearded Dragon’s are Pogona Vitticeps. They can run up to 15.5 kilometres or 9 miles per hour. They are a protected species in their native Australia. They are no longer hunted there. When you write to let us know how you want your fellow prisoners to participate, you can adopt the millions for prisoners demands or make your own. You don't have to have demands though if you don't want. The best demands will be those that you come up with together with your fellow prisoners. Please limit your call out to one side of one sheet of paper and we will publish as many as we can, anonymously of course. They are cold blooded animals which means that they rely on heat sources to keep their body temperature to where it should be. They prefer the temperature to be between 80 – 90 degrees farenheit during the day, and then around 70 degrees farenheit during the night. Let your local IWOC branch know if you would like your name to be put on a sign to be held up at a protest. When they are going through mating season, their beards are puffed out and go jet black in color.

Important Announcement from IWOC 2017 Conference!

We totally restructured IWOC similar to how the Twin Cities Branch of the IWW is proposing to restructure the whole union. A couple of things you may notice about the changes 1) Outside Steering Committee Members will be selected by Outside IWOC Locals and Inside IWOC Branches 2) It will be a lot easier for members in prison to participate in IWOC because forming branches is a much clearer and easier process and Members in prison will be on the steering committee. Previously steering committee members were elected by the general membership which often ended up being either being a popularity contest or caused us to have to take risks on giving unknown people access to sensitive info. When voting for steering committee members, we could choose someone we know (clique/popularity contest) or someone we don't know (risky). The new structure with IWOC Locals and IWW Inside Branches electing delegates to the steering committee assures that members know the people that are being put on the steering committee while at the same time assuring that every Local/Branch has a direct voice and vote.

IWW Incarcerated Workers Organizing Committee Bylaws & Procedures

Article I - Name & Purpose

a.) The name of this committee shall be the Incarcerated Workers Organizing Committee and it shall be a standing committee of the North American Regional Administration (NA-RA) of the Industrial Workers of the World (IWW).

b.) IWW Incarcerated Workers Organizing Committee (IWOC) shall organize all incarcerated workers in the prison industry, including workers in detention centers, on probation, parole, or house arrest, or otherwise recognized as being significantly impacted by the intrusion of the prison industrial complex in their lives with the goal of eventually forming an Industrial Union. After the IU is formed, IWOC shall serve as a standing committee tasked with facilitating the participation of ex-prisoners who wish to support IU 613 in a meaningful way via local IWOC groups even after they have completed their sentences/probation/parole and obtained a job on the outside and are transferred into a different IU.

c.) IWOC is a body of the IWW and shall not act in contradiction of the IWW Constitution or Bylaws.

Article II - Membership

a) Those active in IWOC shall be considered members of IWOC. All IWOC Locals must create expectations and accountability practices for membership including training, self-improvement, and regular IWOC work. All trustworthy regular participants should be encouraged to join the IWW.

Article III – Locals

Section 1 - Inside Locals

1. An inside IWOC Local may be chartered by the IWOC Steering Committee once 5+ IWW Members within a facility, state, or other regional boundary have shown evidence of collectivity through their work with an outside IWOC local, branch, or IWOC HQ.
2. Inside IWOC locals should also select a delegate for the Steering Committee from among their membership and identify a trusted outside liaison. The prospective inside local should work with their liaison and the IWOC Steering Committee to determine how the delegate will participate in Steering Committee work.
3. Inside IWOC Locals shall strive toward becoming a chartered Industrial Union Branch (IU 613).

Section 2 - Outside Locals

1. Literature Group - A Literature Group shall consist of 1-3 Outside Members. They shall send literature to the inside, connect inside leaders to the Steering Committee. They shall also do targeted outside organizing to grow a Support Group.
2. Support Group - A Support Group shall consist of 4-9 Outside Members. They shall have a PO listed in the IWOC directory. They shall be in regular phone contact with inside delegates, report monthly to the Steering Committee, and can apply for funds from the Steering Committee. They shall strive to grow an IWOC Local that includes ex-prisoners and families of the incarcerated.
3. Outside Local - An Outside Local shall consist of at least 10 IWOC members, at least 1, but preferably 3 of which must be an IWW member in good standing. Outside Locals shall have bylaws and be chartered by the Steering Committee. Locals with at least 5 IWW members in good standing shall elect a delegate to the Steering Committee and are eligible to receive an annual budget from the Steering Committee, but are encouraged to seek funds from their IWW branch first if possible. Locals must be sufficiently representative of directly impacted and marginalized communities or they may have their powers suspended or revoked to focus on local work.

Article IV - IWOC Headquarters

- 1. IWOC Headquarters (IHQ) shall be designated by the Steering Committee.
- 2. IHQ shall be the general clearing house and shall be the default point of contact for inside IWOC members and other prisoner contacts.
- 3. IHQ shall coordinate mailing responsibilities.
- 4. IHQ shall have a delegate on the Steering Committee unless a chartered Local exists in that city.

Article V - Steering Committee

Section 1 - Duties & Responsibilities

- 1. The IWOC Steering Committee shall be the governing body of IWOC in between the annual IWOC Conferences
- 2. The IWOC Steering Committee shall be responsible for chartering and de-chartering IWOC Locals.
- 3. The IWOC Steering Committee shall have the power to author and publish statements on behalf of IWOC.
- 4. Support growth and training of Branches and Locals
- 5. Allocate funds from the budget set at Conference
- 6. Plan the Conference and select proposals from non-Branches to be brought to the Conference
- 7. Respond to IWOC inquiries

Section 2 - Composition

- 1. The IWOC Steering Committee shall be comprised of delegates from chartered IWOC Locals, a delegate elected by the ex-Prisoners caucus, and a delegate from IWOC Headquarters if there is no Local in the city where IWOC Headquarters is located. All delegates are recallable by the body which elected them.
- 2. All Steering Committee members shall be IWW members in good standing.

Section 3 - Chair

- 1. The IWOC Steering Committee shall elect its own chair.
- 2. The IWOC Steering Committee Chair shall be responsible for scheduling regular conference calls, reporting monthly to the GOB, and maintain contact with the GEB and ODB.
- 3. The Chair will maintain Bylaws, Mission Statement, MPP language, meeting minutes, records of motions, and other founding documents on file.

Article VI – Process

- a) A quorum shall be a majority of the elected delegates.
- b) There shall exist one listserv for IWOC members for IWOC Discussion and one listserv for IWOC Steering Committee business.
- c) Steering Committee motions and voting shall take place on the IWOC Steering Committee business listserv.
- d) A 48 hour draft period for motions is encouraged but not required.

Article VII - IWOC Conference

- a.) The annual IWOC Conference shall be the highest decision making body of IWOC.
- b.) The Conference process and host site shall be determined by the IWOC Steering Committee

Article VIII - Media Committee

- a.) The IWOC Media Committee shall consist of 3 members appointed by the IWOC Steering Committee.
- b.) The Media Committee shall be responsible for the maintaining national IWOC website, building media contacts, doing social media, fulfilling interview requests when needed, authoring press releases when needed, and creating the newsletter.

Article IX – Revision

These bylaws can be changed by a majority vote of the Steering Committee or the by a majority vote at the IWOC Conference. If theses bylaws are changed an updated copy should be submitted to GHQ and the IWOC GEB contact.



Bearded Dragon

can grow up to 24 inches in length, females can grow up to 20 inches. They are very quick when they have to escape predators and are very fast runners. They come from South-East Australia and live in semi-desert environments. Bearded dragons are very inquisitive creatures. They have up to 24 eggs at a time in one clutch, which is a collection of eggs. You may have heard last year after prisoners in Texas kicked off a new round of prisoner work strikes and we sent word of the nationally coordinated prisoner workstoppage on sept nine twenty sixteen. It was a call to action against slavery in america. in one voice, rising from the cells of long term solitary confinement, echoed in the dormitories and cell blocks from virginia to oregon to texas to florida. It ended up being the biggest coordinated prisoner work stoppage in the history of the u.s. In twenty seventeen, iwoc, max parthas, free alabama movement, and many, many more are backing jailhouse lawyers speak call for the millions for prisoners human rights march on august nineteenth twenty seventeen. They will often lose their teeth in the wild, due to tearing into prey. However, their teeth can grow back. Male bearded dragons will breed with multiple females. They are diurnal creatures which means that they are awake during the day and will sleep during the night. When they are in the wild, bearded dragons can often run on two legs as opposed to four when running away from predators. This additional height also helps to cool their body temperature down.

There is a dwarf sized bearded dragon called a Rankin. These bearded dragons only grow to half the size of the Central bearded dragon. Bearded dragons can change their color to help them regulate their body temperature and to help hide themselves from predators. They change to a lighter color which helps to deflect sunlight. This very useful when living in the desert. The most popular bearded dragons in the United States is the Central bearded dragon, otherwise known as Pogona Vitticeps which is its scientific name. After you understand the info contained here, kinetik says please write to iwoc and let us know if support making aug ninteen the next national prisoner strike. If yes, please write and let us know your demands if you have any and what ideas you have for how you think prisoners should participate. Please limit your call out to one side of one sheet of paper. We will publish and share as many of your calls to action as we can, anonymously of course. Ideas include work strikes of course but also canteen boycotts or anything else you can think of. Even if you are alone in solitary you can raise your fist and say “no” to the air. Even if no one else knows, you will know and you matter. Your participation matters, your demands matter, and your call to other prisoners are crucial to making this year's actions even bigger than twenty sixteen. The date is set but it is up to you to define your own demands and your own approaches to getting those demands met. A bearded dragon has the ability to sleep standing up, as it can hold its legs in a locked position. Male bearded dragons can grow up to 24 inches in length, females can grow up to 20 inches. They are very quick when they have to escape predators and are very fast runners.

Bearded dragons are omnivorous which means they eat both light food and fruits and vegetables. 20% of their food intake should be fruits and vegetables. Their food should be cut down to a maximum of the width of their mouth so that they don’t choke on it. Baby bearded dragons need their food chopped much more finely than adults as they are not able to chew as well. If their legs or tails are cut off, they will not grow back unlike other types of lizard. This year, We have more iwoc locals. The national lawyer's guild says, "a number of robust plan/nlg legal response teams took shape in response to the nine/nine strike, and several have expressed an interest in holding together as response teams moving forward." “free alabama movement is announcing our plan to support and attend the millions for prisoners march on washington, dc

Taking Lessons from the Australian Bearded Dragon on Surviving the Heat!

Bearded dragons get their name from their ability to make their throat look like a beard by puffing it out. The bearded dragon is also known as Pogona, which is its scientific genus name. They part of 300 species of agamid lizard. They can lay up to nine clutches a year. Bearded dragons dominate the landscape where they come from in Australia. A bearded dragon has the ability to sleep standing up, as it can hold its legs in a locked position. Male bearded dragons



Art by Rashid Johnson

3/3 After The increase of ICE raids under the current Trump regime; migrant workers detained at a GEO corp. private prison detention center are filing a lawsuit. The lawsuit is accusing GEO corp. of using the detained migrant workers as slave labor. The detained workers claimed that if they did not work for \$1 a day they were threatened with solitary confinement. 62,000 workers are represented by the suit.



Being that the letters of I.W.O.C. stand for Incarcerated Workers Organizing Committee, the keyhole and key in the middle of the logo is symbolic to the “chained up” and “shackled” lifestyle that those who are incarcerated are all too familiar with. The heart-shaped key that is in the very center of the logo and the keyhole is a representation of the love for one’s fellow man being exhibited through the righteous endeavor of including the incarcerated workers in an effort to ultimately end capitalism through an application of the principles of the Industrial Workers of the World (IWW). The wings represent freedom from the threat and devastating effects of worldwide capitalism in any and all ways that it rears its ugly faces. The 6-pointed star in this logo is a representation of the 6 industrial departments of the Industrial Workers of the World organization and how they are connected to form One Big Union! Artist: David Allen IWW Member No: X385946

Please try write to the IWOC local closest to you. If there is not one near you or if you do not receive a response, write to the Kansas City location				
Name	Address	City	State	Zip
Oakland IWOC	PO Box 6305	Oakland	CA	94621
Connecticut IWOC	PO Box 204107	New Haven	CT	06520
DC IWOC	PO Box 1303	Washington	DC	20013
Chicago IWOC	PO Box 220224	Chicago	IL	60622
TC IWOC	PO Box 581561	Minneapolis	MN	55458
IWOC HQ	PO Box 414304	Kansas City	MO	64141
NY IWOC	PO Box 721, 1132 Southern Boulevard	Bronyx	NY	10459
Rochester IWOC	PO Box 30914	Rochester	NY	14603
Ohio IWOC	PO Box 6042	Cincinnati	OH	45206
Portland IWOC	109 SE Alder St, Unit #0717	Portland	OR	97214
Milwaukee IWOC	PO Box 342294	Milwaukee	WI	53234
IWOC	PO Box 7593	Glasgow	G42 2EX	UK

3/16 Officials say six prison guards and one inmate were injured in a riot at California Correctional Center in Susanville. The fight broke out between an incarcerated worker and a guard. Other fellow incarcerated workers joined the fight in solidarity with the original incarcerated worker in conflict. The conflict escalated to a full riot and was eventually shut down by SWAT guards.

3/20 Incarcerated Workers at the Allegheny County Jail in Pennsylvania went on a sit-in strike in demand for better health treatment and other demands on 3/18. This jail is notorious for its horrid health conditions, 11 people died from ’14-’15. Comrades in solidarity with the striking incarcerated workers started a demonstration outside the jail. Some people in the demonstration escalated the demonstration attacking security cameras, police cars, and jail windows. The demonstration was broken up and 11 comrades were arrested. A local IWOC chapter along with other allied groups continued putting pressure on the jail and organizing with the incarcerated workers.

4/17 Over 1,000 incarcerated workers in Palestine go on a mass hunger strike on April 17th, Palestinian Prisoner Solidarity Day. The “Strike for Freedom and Dignity” grew to about 1,500 incarcerated workers as it progressed. On the 11th day of the strike, Palestinian workers on the outside began a general strike in all occupied Palestinian territories. Traffic was nearly dead and all industries, universities, and other means were shut down. The strike continued through April. More updates will be included in next edition.

5/1-5/7 Incarcerated workers at a migrant detention facility in Oregon called the Northern Oregon Regional Corrections Facility or NORCOR have declared a victory after a 6-day hunger strike. The incarcerated migrant workers started the strike on May 1st, aka May Day or International Workers Day. The victorious fellow incarcerated workers won better food standards, more programs for inmates, and more.

More news to come! We’ve received correspondence from incarcerated workers in Texas starting a boycott this May Day; we’ll see how that goes. Next, Jailhouse Lawyers Speak will be letting know of direct actions they will undergo in the early months of summer. Finally, there is a large scale mass mobilization going down on August 19th for a Million Prisoner march in DC and capital cities all over the nation.

"DECARCERATE BY ALL MEANS!"

2-26-17 Reading "It's Winter" [IWOC Newsletter] issue #6 for the first time sparked my revolution to greater heights. I am Eric X. Rambert #AM9223 confined at Plantation Deerfield Forest on the restricted release list (RRL) or the New Death Row! I have been unlawfully incarcerated for the past 34 years since I was 17 years old. I'm a Philadelphia native son who was unlawfully graded as a career criminal and placed inside Philadelphia's career criminal program for adult defendants with three prior adult convictions. I had no adult convictions and only one adjudication as a juvenile with one juvenile placement and only four juvenile arrests. The District Attorney illegally placed false prior convictions in a criminal history file and trial counsel was complicit to this crime. It set me for automatic mandatory maximum sentencing guidelines for harsher punishment then I would or could have gotten had I been deemed a juvenile certified as an adult. I could have gotten no more than three (3) years max. I was unlawfully coerced into an unintelligent guilty plea for a 25-year max. I did not discover this crime until 22 years later through my continued litigation in the court. While confined in the state, I was charged with 12 other prisoners in the Jan. 27th 1987 Woodland Penitentiary Riot or "Western Penitentiary." I was accused of breaking into the restricted housing unit, beating a guard for his keys and releasing prisoners who were suffocating from smoke inhalation. The guards attempted to murder us by fanning the flames to cause an uprising because they were disputing with the Dept. of corruption for benefits. Demonstrations took place outside the prison that was playing in the media. They set fires under the 700 prisoner block that held the most notorious security prisoners. At trial, the guard testified that he had a face to face encounter with me for his keys and when he refused he turned and was hit from behind acquiring over 100 stitches in his head. Years later I have discovered two statements that the guard gave to the state troopers that the District Attorney withheld and the judge and trial counsel was complicit to the suppression. The two statements are exculpatory that show he committed perjury and never had a face to face encounter with me or anyone but was made to lie. Readily the "It's Winter" publication and being in solitary with the FAM and all IWW/IWOC for decarceration and abolishing the New Jim Crow order to lock up the world I want to present a proposal to the National Lawyers Guild whom I'm a member, to let's challenge "The 1996 omnibus crime bill anti-terrorism and effective death penalty act (AEDPA)" in a national class action taking Congress to the world court in violation of 17 EX Post Facto Laws; Impairment of contracts of Amendment 13/1. Neither slavery nor involuntary servitude, except as a punishment for a crime whereof the party shall have been duly convicted, shall exist, within the United States, or any place subject to their jurisdiction. Which further violates Amendment 8, “Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishment inflicted. Because let's face it the (AEDPA) infringes on our due processes and perpetuates our unlawful slavery and involuntary servitude by denying us access to the court when we discover through due diligence that we have not been duly convicted, duly in a due or suitable manner, time or degree, due-owed or owing as a debt or a right.” The District Attorney suppressing evidence has been declared an epidemic by the court justices and trying to claim newly discovered evidence with the blockage of the (AEDPA) is just what it is, a blockage even for discovering that your slavery and involuntary servitude is the product of undue conviction because the prosecuting attorney cheated you and the taxpayers in violation of their "Oath of office" pursuant to Article 6, 3. All it takes is "The National Lawyers Guild" to set up an information forum for those who have discovered evidence that was withheld by the prosecution or any governmental agency that clears them of the alleged crimes and we can not only decarcerate we who fit this description, but we can abolish the (AEDPA) as unconstitutional and remove it from the pages. The 1986 Act of 100 to 1 ratio that gave



On May 1st, members of the UK IWOC and other supporters held a National Day of Action against Maypole Ltd. Actions took place in Bristol, Bath, Liverpool, and Leicester. Maypole Ltd is a company that uses prison labor to make trailer boards for stores like Blacks and Millets. Prisoners are paid between £6 – £25 (\$7.65-\$31.87) for a full working week. If they don’t work they are punished. IWOC is asking Blacks and Millets to stop stocking Maypole products until they stop exploiting prisoners

blacks longer sentences than whites, death penalty for juveniles and mandatory life for juveniles all dismantled of the (AEDPA). Go on PA. Docket page for Eric X. Rambert and see all the outright sabotages of my litigations to present the new evidence. We have to decarcerate by all means not just by some means, the resistance is spreading for civil liberties but we have to look at disenfranchisement closely. Disenfranchisement is the deliberate theft and robbery of the only protection of poor against rich and black against white. At age 17, I was at Pennsylvania's notorious hillbilly, redneck, peckerwood plantations "Camphill", I was beaten and tortured in a real dungeon; shipped to its axis of evil "Huntington" age 18-19, beat and tortured inside the DC max and the death row torture chamber shipped to "Woodland Western Penitentiary" age 19-22 beat and tortured behind the steel cages of home block, shipped to Graterford, at age 22-27 tortured inside the notorious cool Ham lukes Siberia, I speak of experiences of what these new style plantations are under the New Jim Crow order. The new torture is psychological; this psychological torture is being inflicted by the courts through the appellate process. Look at the three strikes lawsuit provision that has blocked indigent prisoners who acquired three strikes for their previous attempts to redress prison abuse violations, without showing an alleged physical injury or an imminent danger to possible danger of a physical injury meaning (physical) as in a body injury and not an injury from being physically denied access to the court, a new scam! We have to abolish that slave practices that are blocking our access to our liberty! "Decarcerate by all means!!!"

Eric X Rambert

Summer News from Uhuru Rowe

Greetings to all of you! I hope that you are well, remain full of love, hope and strength as we struggle to survive and thrive in an oppressive system which seeks to spread fear, hate, distrust, disorder, and division among the people on the earth.

Two months have passed since another prisoner and I were transferred to a higher security prison on September 2nd for allegedly trying to plan and organize a September 9th work stoppage. What preceded our abrupt transfer from the Buckingham Correctional Center in Dillwyn, VA was an aggressive interrogation of us by the Asst. Warden and Institutional Investigators who claimed to have been tipped off by informants that we were propagating a statewide work stoppage. In regards to me personally, I was accused of being a high-ranking gang member, was advocating violence against correctional officers during Black August, and was recruiting other prisoners to form a Black Panther Party-Prison Chapter. When I denied these accusations the Institutional Investigators became visibly upset and made a veiled threat to transfer me if I did not cease organizing and agitation for change; in other words, become a passive, complaisant, obedient slave. Our transfer serves as an indication that we refused to become such. I have no regrets or feel no bitterness concerning the repression I've experienced as a result of my political activity even though there was minimum participation in the September 9th protests, here in VA. Such can be expected when one's organizing is viewed as a threat to these fascists' power and control. We are, indeed, inspired by the news of imprisoned revolutionaries across Amerikkka standing firm and resolute in your demonstrations. I'm so moved by your courage that I was inspired to write the following poem entitled, "Freedom Ain't Free." Hopefully, even those prisoners who refuse to challenge the unjust and inhumane conditions of their confinement out of fear of retaliation or of losing what they believe are "privileges" will be inspired by this poem to get up off of your ass and ACT!!

Clinch fist salute to all incarcerated revolutionaries (and our “free” world allies) who is risking your lives and freedom to dismantle the prison industrial slave complex which voraciously feeds on poor, working-class communities of color. Trust and believe the spirits of our revolutionary ancestors are with you. I AM WITH YOU !!

All Power to the People who don't fear freedom!



Please send us more artwork and logo submissions! Also, as you start to form Inside IWW Branches, you can make your own logos!

Class War Prisoner - Anyone jailed for their class conscious views or acts.

Cooperative Commonwealth - The ideal of a new social order which recognizes no national, occupational, or racial distinctions and represents the united economic force and social will of all workers in the world.

12/23 UK Incarcerated workers take over a bloc at Swaleside Prison. The uprising did multitudes of damage and had over 100s inmates involved. The uprising lasted over 12 hours and eventually had to be quelled by riot police from the outside. The riot broke out after guards tried to seize the possessions of incarcerated workers, and the jail had cut off family visits to that previously. This was just the latest of several other uprisings of our fellow incarcerated workers in the UK, as seen here: HMP Birmingham - 16 December - Specialist riot squads were deployed after a riot broke out involving hundreds of inmates and lasted more than 12 hours. HMP Bedford - 6 November - A riot saw up to 200 inmates go on the rampage, flooding the jail's gangways. HMP Lewes - 29 October - A national response unit had to be brought in to control the prisoners at the East Sussex jail during a disturbance which lasted for six hours.

1/17 During his final days in office, Obama granted clemency to two very important comrades. First being Chelsea Manning, a former army private who had leaked important documents and video of the U.S. Army committing war crimes and crimes against humanity. The second prisoner is a longest-held captive of the Puerto Rican independence freedom fighter group, Armed Forces of National Liberation (FALN), Oscar Lopez Rivera. Oscar is not only a great rebel for the independence of Puerto Rico, but he did solid community organizing before he was held captive. He found a community center, a halfway house for drug addicts, and a prisoner education program. Both will be released in 2017!

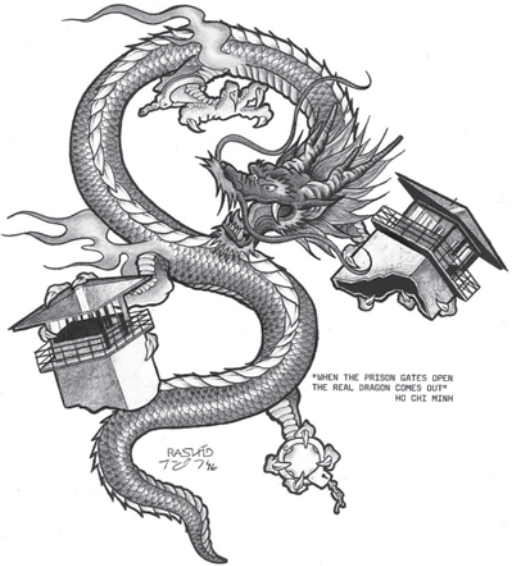
02/02 “We’re trying to explain the reasons for doing what we’re doing. Donald Trump. Everything that he did. All the things that he’s doing now. We know that the institution is going to change for the worse. We know the institution is going to change for the worse. We got demands that you need to pay attention to that you need to listen to and you need to let them know. Education, we want education first and foremost. We want a rehabilitation program that works for everybody. We want the money to be allocated so we can know exactly what is going on in the prison, the budget.” This is the statement that the prisoners took after taking several guards hostage at Vaughn Correctional Center in Delaware. Later the prison compound would be taken by riot police. At the end of the stand-off, one CO was critically wounded and another was killed. This stand-off made national news, and the political/social motives of the conflict were very clear so that mainstream media could not just paint the incident as aimless criminal mayhem. This event is a sure sign to the public that the rebellion of incarcerated workers will amplify in 2017, after the great 2016 September 9th incarcerated workers labor strike.

02/08 Riots and uprisings by incarcerated workers seem to be on the rise across the country. Several prisons have seen mass uprisings in the early days of 2017. A riot took place at the Souza-Baranowski Correctional Center in Massachusetts a few days after the New Year. Prison officials said it began with a fistfight and lasted three hours, resulting in damage to prison property. A state spokesperson told reporters prisoners “were getting ready for war.”, but an ex-inmate said that it sparked from a group civil disobedience action by the incarcerated workers. A few weeks later, prisoners rose up at the Kinney County Detention Center in Texas. About 65 prisoners took control of a section of the prison for over three hours. It’s unclear how the rebellion was ended, and no injuries were reported. On February 7, 100 prisoners participated in a riot at the Kern Valley State Prison in California, which is notorious for its violence and deaths. These are just a few examples of rebellions by incarcerated workers that didn’t get as much coverage as Vaughn.

2/16 Anti-prison activists storm a county commission meeting regarding the building of a new detention center in Wayne county, MI. One of the comrades stated, "When you've had tens of thousands of mostly black, working-class Detroiters evicted from their homes or denied access to basic necessities such as water, and then the county says it's going to spend hundreds of millions of taxpayer dollars building new cages to warehouse mostly black and brown working class people, it should be clear that this isn't actually about what's good for Detroit. Criminalization is the underside of gentrification, and we're going build a movement powerful enough to put it to a stop,"

2/28 Fellow incarcerated worker, inside editor, and Lucasville uprising survivor Hasan goes on hunger strike with fellow Lucasville Uprising survivor Jason Robb after Ohio State Penitentiary blocks their communications in retaliation for being interviewed by a Netflix series called Captive. Similar retaliation happened to Hasan and the rest of the prisoners at Ohio State Penitentiary during the 9/9 strike.

3/3 Two incarcerated workers killed in riot at Tecumseh Prison. This is the same Nebraska prison that was featured in the 2ed edition of or newsletter, the article was written by a fellow incarcerated worker that was put in solitary for his involvement as an agitator. The “incident” in which two incarcerated workers were killed started off by similar a situation to the one in vol. 2 (also known as the “Mother’s Day revolt in which hundreds of incarcerated workers took over several blocks in the prison) in which an act of mass civil disobedience escalated to full-scale riot. The guards called for a yard of incarcerated workers to get into their cell, but 40 refused to leave the yard and fires were set shortly after that. None the less the struggle continues



Dragon by Rashid Johnson

PRISON CONFESSIONS

I sentence You to \$480,000 aah em I mean 10 years

The Money ahaa I mean the evidence weighs against You son!!

Justice EVIDENCE

Judge I.M Bought

Bank \$ EL

Don't worry we'll Appeal \$

This System Aint Broke and can't Be Fixed!!

Ruth Dobb 03 01

SPEAK!

These practices are dangerous to the health of millions of men and women within TDC J and I personally take this matter so seriously that I am considering going on another hunger strike just so the state will force feed me a diet that won't cause my saliva to become more acidic and increase my chances of developing cavities and gum disease.

Arnold Barnes III #1633044
Polunsky Unit
3872 FM 350 South
Livingston, TX 77351

IWW Union Glossary: Part IV

AWO (Agricultural Workers Organization) - The Agricultural Workers Industrial Union 400 (now IU 110) of the IWW which organized itinerant harvest workers between 1914-30. The AWO developed the roving delegate system, still used today by the IWW.

Boomer - A temporary worker, a wanderer, one who follows "booms" (good times).

Cat - A worker well fitted in with some occupational subculture, such as "hep cat"; a worker who follows a specific occupation, such as "straw cat" for harvest hand. Also refers to the sab cat.

Who said Freedom is free?
Freedom ain't never been free for us.
Freedom requires constant struggle.
Constant sacrifice.

Rosa Parks sat down for Freedom.

Assata Shakur escaped for Freedom.

Nat Turner, Gabriel Prosser, Denmark Vesey, and other enslaved rebels fought and died for Freedom.

El-Hajj Malik El-Shabazz (aka Malcolm X) tried to create a unified and free Black nation.

Kwame Ture (aka Stokely Carmichael) pumped his Black Power fist in the air and demanded Freedom.

The Deacons for Defense, the Black Panther Party, and the Black Liberation Army picked up the gun to defend Black life and Black Freedom.

John Brown felt fundamentally unfree while the shackles of white supremacy and chattel slavery kept Black Freedom in bondage white racists bombed a Black community in Tulsa, Oklahoma in 1921 because they believed we were too prosperous and too free. Ferguson and Baltimore went up in flames as a result of racist police trying to kill our Freedom.

Lovelle Mixon, Chris Dorner, Micah Johnson, and Gaving Long felt they had no other alternative but to let Freedom ring!

Incarcerated Freedom Fighters across the country are risking their lives and their Freedom to dismantle the prison industrial slave complex.

So, after you're done reading this poem, ponder for a moment the following questions:

What price have you paid, what sacrifices have you made, and what struggles have you engaged in for your Freedom, our Freedom, and for the Freedom of oppressed people all over the world?

Or are you just a freeloader who enjoys living off of the Freedoms won by past Freedom Fighters"

Uhuru Rowe #1131545, Sussex 2 State Prison, 24427 Musselwhite Dr., Waverly, VA 23891

Email: uhuruowe76@yahoo.com Blog: consciousprisoner.wordpress.com

Facebook: www.facebook.com/supportuhuru

Toppling the Pyramid of Capitalism

Today almost a million are unemployed. Many millions more are underpaid and underemployed! That is our economic problem. Full economic recovery is going to be hard. It is not only a matter of spending more. Excess capacity affects the future of business investments. The reputation of American financial markets has been damaged by fraud and abuse! American households know they are in financial trouble. So far, they are spending every extra dollar, but for how long? If interest rates rise, as is very possible after the election, household spending will be hit hard! And meanwhile quite a bit of what households do spend, with extra income, drains away to imports. In the near term, new tax cuts and more military spending are bringing another false dawn. The people in charge talk about growth, actually, they won't push growth further than politics requires. Do they really want full employment, strong labor unions, and rising wages? I doubt it! Stagnation helps to justify more tax cuts. Their goal is plain: that

financial wealth should be freed of tax. First, estate and income taxes were cut. The next year it was capital gains, dividends and again the top tax rate. Quite soon, taxes will fall mainly on real estate, payrolls, and current consumption, which are to say, taxes will be paid mostly by the middle class, by the working class, and by the poor. As financial wealth escapes tax, neither states nor cities nor federal government can provide vital services except by taxing sales and property at rates that will provide tax rebellions. Every public service will fall between the hammer of tax cuts and the anvil of deficits in state, local and federal budgets. The streets will be dirtier, so will the air and the water. Emergency rooms will back up even more than they have, more doctors will refuse public patients. More firefighters (firehouses), swimming pools, and libraries will be closed. Public schools will lose the middle class. Eventually, federal budget deficits will collide with social security and Medicare, putting privatization back on the agenda. The principles of a common-sense progressive reform agenda are clear. Put people first! A government on your side invests in America, fair taxes and shared sacrifices empower workers, secure families and. Equal opportunity and a fair start for all.

Law governor all events: 1938 Amendments to federal rules which simplified civil litigation to make justice more accessible to all litigants, large and small. In those days, civil suits seemed to be promoting remarkable changes in our society changes that many of us believe were for the good. Then, you saw how individuals aided by courageous advocates, in exercising their access to our courts and by vindicating their own rights, were able to stimulate change that never could have been accomplished legislatively. The law was a dynamic force for positive change driven by lawyers who cared!

There is no better example than Brown vs. The Board of Education, a class-action suit by black parents and their children aided by brave lawyers who used our civil justice system to obtain their admission to segregated school. They thereby helped to desegregate all our public schools, overturning decades of shameful legal precedent. Their suit forced fundamental progress that was impossible to achieve through legislative action because those with political power prevented any change.

And there is the tobacco industry: Citizens enraged at this oligopoly of death filed suits that ended the infamous "Joe Camel" advertising campaign, which was so effective in enticing youngsters to begin smoking. And it was civil suits, not legislative action, that exposed the secret industry documents showing how craven executives targeted children with products that they knew were as addictive as heroin to get them hooked...The fact that today it is the cigarette industry that is crippled...is due to results obtained by courageous lawyers in civil suits, not any government legislation. The industry's power could not stop empowered citizens fighting in court to redress wrongs.

It was lawyers...who overturned repressive precedents that allowed police searches and arrests on the flimsiest grounds and denied individuals who found themselves at the mercy of a powerful state criminal justice system any warning concerning their constitutional rights or even the assistance of a lawyer to help them understand the legal procedures upon which their liberty...depended.

There are, of course, many more examples...but I hope I have made the point. It seemed to be accepted that the ability of individuals to use their access to the courts to seek an adjudication of their individual grievances or to have a chance to defend themselves not only ensured civil and criminal justice to those individuals but was healthy for society as a whole.

One would think that these lawyers, if not hailed as heroes, would at least not be condemned as villains. But today, increasingly, they are. Change brings disruption. Frederick Douglas said, "power concedes nothing without a struggle". And it is too easy today to forget the struggle that seemed to be bringing us a more humane, even-handed legal system. So now I must address changes of the last several years in our legal system which alarms me. For most of its history, the law has been an instrument of the rich, the powerful and the state to serve their ends as a weapon of repression. I fear that before our very eyes- but with too few of us seeing it-American law is being transmogrified back into that weapon of repression. Something very troubling has happened. Lawyers who speak for the underprivileged, the minorities, the injured, even the outcasts, are today reviled. Their legal challenges are not viewed as the legitimate expression, or protection, or individual rights, but rather as exploitive tools utilized by avaricious,

Sentenced to Diabetes

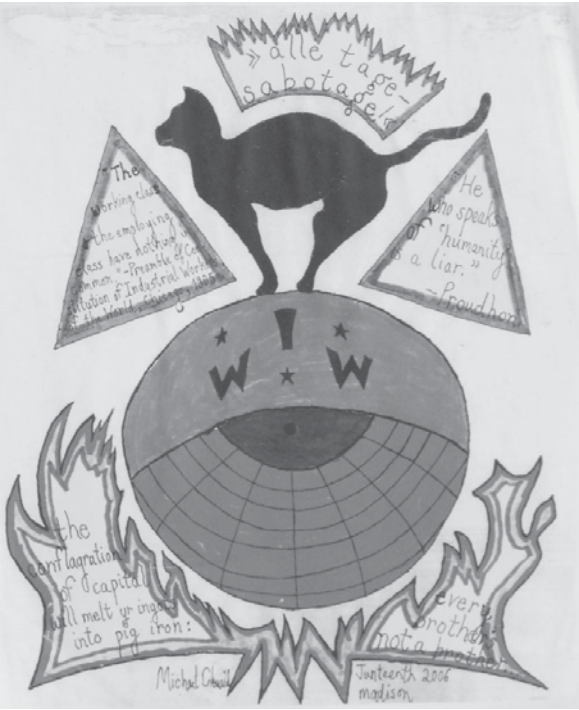
Come to prison healthy, leave a diabetic. At least you might if you get sentenced to the Texas Department of Criminal Justice. I'm not sure exactly what my civil rights are, but I know a systematic practice and deprivation of my constitutional rights when I see one. I say a systematic practice because inmates aren't actually being injected with the illness known as diabetes, but being force fed a high carbohydrate diet containing lots of starches (potatoes, bread, pasta, etc.). Accompanied with being forced into an illness, diabetes!

As of lately, there have been many inmates on the Polunsky Unit who have been notified by the medical staff that they are diabetic or pre-diabetic, an elevated-blood-sugar condition that, without intervention, typically progresses to full-blown Type 2 diabetes. Here in my possession is a list of "Foods to avoid" that was given to an inmate who was recently notified of his newfound medical condition - diabetes. Well, amazingly these "Foods to avoid" are exactly what's being served to inmates daily. We are audaciously served pancakes 5 days a week for breakfast and eat noodles or white rice (e.g. beef noodle casserole, pork noodle casserole, tuna casserole, beef chili mac, pork chili mac, mac and cheese, beef dirty rice, pork dirty rice, etc) every day of the week. Alarming evidence published by the CDC (Center for Disease Control) is in accord with the numerous inmates with high blood-sugar levels.

"The body breaks carbohydrates down into sugar. Bagels, sandwiches, and pasta all break down quickly in the cut. The resulting flood of sugar into the bloodstream forces the pancreas to pump out large amounts of insulin to clear it. Over time, the body can become less sensitive to this rush of insulin leading to insulin resistance and if left unchecked Type II diabetes."

But if the abundance of carbs doesn't have an ill effect on the health of a loved one within, their "sit down" policy surely will. We are being coerced by threat of disciplinary to remain seated "at all times" on compassionless, stainless steel stools without back support when outside of our cells. Yet, according to a compendium of studies published this year by CNN, New York Times, Medical News Today and even the British Journal of Sports Medicine show that sitting for prolong periods raised the relative risk of Type 2 diabetes and cardiovascular disease over 100%. Kidney disease, elevated blood sugar, and lumbar spine

stiffness according to a publication from the Harvard Medical School, circulatory problems, abnormal cholesterol levels and metabolic consequences says the Mayo Foundation for Medical Education and research. Worse, an American Cancer Society study finds that women who sit for more than 6 hours a day (we sit on avg. of 10 hrs) were about 40% more likely to die than women who sat fewer than 3 hrs per day. So this "sit down" policy is even more harmful to female inmates of TDCJ, not to mention its sizable elderly and disabled population.



Greetings from a German prisoner



Oscar by Marius Mason ~ Congratulations to Oscar who is finally free!!!

Because multi-million and billion dollar companies can sign contracts with independent prisons that allow incarcerated men/women do their laborious work for pennies.

We are literally slaves!

How crazy is that? But what's worse is the fact that they are supported by the 13th Amendment which is the Amendment that abolished slavery in Amerikkka. When the 13th Amendment was created Abraham Lincoln, "the man uneducated individuals believe freed slaves" put a little side note in saying "slavery is abolished in America... except for prisoners." Which means if you are incarcerated then whichever state you are incarcerated in has the right to work you for minimal to no pay. Well, these large corporations found out this little fine print of old "Abe's" and now are using prisons to manufacture products. So you see by educating and eliminating our sons, uncles, cousins, etc, from joining the chain-gang. We'll create a bigger wound than they ever thought we would.

But, by fueling and filling prisons we help make the rich richer and the poor, poorer. We're literally placing ourselves in chains and setting ourselves back over 400 years by falling victim to the penal system. It won't happen overnight, but if we can stop at least our sons and nephews from coming to prison and educating them, then we can begin the real fight and our community can lead the pack.

It's the small things that create big problems for the oppressors and manipulators that oppress us. This is step one to our strategy. The blueprint we must use to achieve success. We must establish tactics and techniques and execute them with perfection. We must end self in-slavery and stop falling victim to capitalism.

Read, meditate, and act upon!!!

Each one, teach a multitude ~ Solidarity

James Thomas #1206542
S.E.C.C
300 E. Pedro Simmons Dr.
Charleston, Ho 63834

Would you like to remain a member of the IWW? Yes_____ No _____ I need more information _____

Have you received a new member packet? (You should have received the Constitution and One Big Union)

Yes_____ No _____ I don't know, send me one if I am a member _____

If you have an organization that you would like to have listed on our web site as a supporter of IWW/IWOC,

please state the name of the organization _____ and your

position in it _____ and we will list it on our supporters page.

We would like to speak with you. Please write to us let us know what talk radio stations and programs you get and enjoy listening to wherever you are at.

Comments: _____

immoral "mouthpieces" to line their own pockets even as dirty tricks to protect the guilty from their just desserts. As I close, when I read those quotations-lawyers are "deficient by nature", "idiots", "cretins", and it is a "disgrace to be a lawyer"- which sound comments from some of our political leaders today, I wasn't reading a law review article. "The bar in the Third Reich" Those quotes were from a famous political leader by the name of Adolf Hitler. Never ever forget that the 1st thing Hitler did was destroy the ability of German legal system and lawyers there to protect people, eliminating civil remedies and the constitutional protections of citizens. We have no Hitler here today, but doesn't it say something very troubling that those quotes from 60 years ago in Nazi Germany could sound like part of today's here about lawyer and our legal system.

As we pursue and achieve our own success...Please remember our American legal system can be an instrument for positive change or a weapon of repression. Which direction it takes during this generation now rests in our hands.

Peace,
Anti-Wille Lynch Movement
Willie Randle I.W.W. Member # 385964

Oh to be Free in the Summer...

I am writing as a human being as well as an american citizen/African-American of this said nation (USA) on the inhumane treatment, oppressive, racist actions towards offenders Such as myself, by employees of the state of Missouri Department of Corrections. I write to express the culture that has become a way of life and unprofessionalism inside this said institution (E.R.D.C.C.). So-called black men are being racially profiled, taunted and verbally disrespected in the most hateful ways by guards at ERDCC. Promote racism and unconstitutional acts that guards (not all) feel don't apply to them because of their status over offenders. Complaints are filed verbally and in written process, but complaints are denied, overlooked without any issues being looked into with reason. Censorship on newspapers, books and magazines targeted to the so-called African-Americans audience when they don't ban similar materials popular among so-called white offenders. An all-so called white Committee using their personal prejudice banning books that infringes on offenders 1st and 14th Amendments. It is the Superintendent's denial that there is a big issue taking place at this prison. When I exercise my voice of rights I have, they continue to be ignored. Rehabilitation is an illusion that the Superintendents give to tax payers and society. MDOC has not added any new educational or rehabilitation programs, but on paper/documents, State Reps and tax payers think so. If real investigation takes place, One would see “prison bosses” have little to fear from breaking rules. The Superintendent's main goal is to position himself to extort like “Baseline”. Which is a false rehabilitation program that creates a hostile environment and further targets people of color. No rehabilitation classes take place, offenders come out of their assigned cells for an hour a day to shower, clean cell, and phone in an hour. With four phones in a housing unit how can 18 people use the phone without problems? These issues I state, come from the top where policies and decisions are made. All intent of being cruel and malicious with a certain type of neighboring states of this nation, I see similar problems. Missouri has a different response due to their accepted culture of racism and targeting of young African-Americans. In Mississippi (in the south!) we see corrupt and racist prison officials going to jail, but not even an investigation or letter of inquiry is launched , Inspector Generals, Wardens, Investigators, all religiously punish and spend their time on the punishment of the prison inmates. In Florida justice is also being sought and inmates are notified of their rights through a professional process. I am writing because I see the tactics of racism and discrimination unattested. How can we be reformed? How can we be rehabilitated when the staff don't stand for the policy and constitution they uphold? They use gorilla tactics, even anarchy to continue to deter inmates from complaining. I write to get solutions and I plan and I plan to continue to write, every day, but as a human being who encounter racism, and hatred everyday, every encounter. I will not be content with this, neither will I accept this hateful, disrespectful, racist, oppressive treatment. They are practicing mass incarceration inside prison everyday! They lock up so-called blacks at alarmingly disproportionate rates without process (due process) or impartiality. I am willing to sit down with whoever to get positive solutions that will show me the Warden, etc. does not respect racial hierarchy. If my plea is not met the only other angle I see just is lawsuits naming specific guards who I will name in an attachment , with repeated offenses and copies of the complaints I mailed to the superiors that make them liable for suit. I ask nothing more but to warn your guards (personally) of their racist rhetoric and the potential for suit against them.

Note* Along with prison officials this letter has been mailed to all forms of Congress, Departments of Justice, and Equal Rights litigation firms.

Travis Henderson EL #113586, E.R.D.C.C., 2727 Hwy K, Bonne Terre, MO 63628

Beating the Summer Heat...
In Court!

JLS is a national organization started by Jailhouse lawyers. Our primary focus is to challenge laws that are dehumanizing to prisoners and educating prisoners about these laws. We are also focused on educating and engaging the public at large about prisoners’ human rights violations. We are abolition-ist, and believe that the current model of how we deal with those that have fallen short must be dismantled. This can only be done by prisoners speaking out. Prisoners must use their own voice and organizing skills to connect with the world for change. The current project of JLS is the Millions for Prisoners Human Rights March on Washington, to abolish (in part or whole) the #13th amendment. Here’s a little about the organizing body for this historic event. Millions for Prisoners Human Rights
As the momentum of the National Prison strike continues to unfold, so are the next stages of prison resistance. Jailhouse Lawyers Speak, has announced plans to have a mass Demonstration on the Washington DC Mall, August 19, 2017. With the imprisonment numbers being at 2.4 million, and climbing, we believe a million plus of this Nations citizens will participate. We are not even calculating in the citizens with loved ones in county jails, youth halls, or on probation and parole. The numbers are shocking. When viewed as a whole, we see that the Nation has indeed created another class (the prison class); made up of mostly the poor and people of color. It is this prison class and all those connected to them that will shake this country to its foundation. Since the inception of the lie that slavery was abolished, Amerika year after year has ignored prisoners’ complaints of the 13th amendment's punishment exception clause. Instead states and the government monopolized the slave trade, and contracted out humans convicted of crimes to private enterprises. Today, the Prison Industrial Complex is estimated by some to be a trillion dollar Industry. The Prison Industrial Complex is so interwoven in the basic functioning of the Amerikan economy, that many believe to end free prison labor, or profiting off crime could cause an economic collapse. It is not our goal to cause an economic collapse, but to shift the economics from the human exploitation of prisoners. We

do this by abolishing/amending the 13th amendment exception clause. A prisoners "time" is solely based on economics, as corporate lobbyist persuaded lawmakers to push bills to keep prison beds filled. Filled prison beds equal easy pickings for corporations of taxpayers’ dollars, and cheap labor where needed. With no incentive through a 13th amendment clause, the course on how the Nation regards those that have fallen short and the releasing of those in the prisons will change completely. Join us as we move forward into another chapter of prison resistance. Spread the word in your cell block, through your collect phone calls, on visit, letters, have people to be on the Washington Mall. In one voice we can change the Constitution, forcing cell doors open in every state. Let’s demand an end to these economic driven prison sentences and pointless parole hearings. It’s time to dismantle the Prison Industrial Complex! -The MPOC (Millions for Prisoners Human Rights Organizing Committee) is the voice of the prisoners outside the walls. -The MPOC is not an organization, but a Coalition title to recognize a Collective committee function. -This mission has been in the works for over a year now. Actual work started a few months ago when iamWE Prison Advocacy Network took on the leading organizing efforts outside the wall. - The Demonstration will be used to expose the 13th world-wide, expose exploiting companies, re educate the people, promote abolition and organize stronger prison resistance outside the prisons to dismantle the Prison Industrial Complex. -JLS If you want to become a JLS member or join the movement, write to: Jailhouse Lawyers Speak
P.O. Box 58201
Raleigh NC 27658



Turn the Heat DOWN, not UP!

The cycle, 360 degrees, a finished unit. This article is specifically for my IWW and IWOC members. We have to break the "cycle" of mass incarceration of African Americans. We are "self in-slaving" ourselves and crippling generations at the same time. We are feeding this genocidal cycle that keeps taking generation after generation causing fighters to have to fight harder. Yes, the fight will always continue but we deserve to pick and choose our battles instead of being metaphorically "forced" into the pit with the hungry lion. Ending mass incarceration starts with you! The father, brother, son, cousin, we have to influence the generations below us to go in the opposite direction. We have to be the pavement layers so that the next generation can walk smoothly without stumbling. You have to view the cycle the "circle". We grow up in fatherless homes in impoverished poverties surrounded by drugs and liquor stores. And, ironically some of the most powerful handguns and assault rifles just appear in our neighborhoods. We are set at a disadvantage the day we are born. Amerikkka is set up for the African American to fail. But! That IS NO EXCUSE! But you have to admit, the odds are stacked against us. It's up to us, the writers and fighters of this generation to stop "the circle of in-slavery". We are putting ourselves through our own genocidal-suicide. Listen, we catch cases, or get framed because we resemble another brother and go to prison. While we're in prison, we cannot reproduce. If we cannot reproduce and we're being taken away behind senseless murders, that puts us almost in extinction.

You have to think if five African Americans get into a shoot-out, three dies, and two go to prison for the remainder of their lives. That's five black men that will not have a chance to reproduce. And if they have had children, then that leaves a single mother to raise a child as you were raised, and most likely he'll have the same fate. So what do we do? We have to mount up and take a stand and realize that by "self in-slaving" ourselves; we will not get the job done. I'm sure everyone is in agreement when I say that our IWW's can only do so much. It takes an outside source, that's why this organization is so strong. Incarcerated men and women are the backbones to a lot of multi-million and billion dollar enterprises. There are a lot of companies that bank on us catching cases and coming to prison. Why?

(continued on next page)

Greetings Fellow Worker,

I hope this message finds you in good spirits and in good health! We would like to hear from everyone at least twice twice a year to verify your membership so that you may vote in the annual referendum and continue receiving the newsletter. You may include this along with a letter to us and multiple people are welcome to send these slips in together in a single envelope to save on postage. Please tear off this portion of this page and mail it back to us at IWOC, PO Box 414304, KC, MO, 64141 or if you want to keep your newsletter intact, you can just write the information on a separate sheet of paper.

In Solidarity!
IWOC _____ Date _____

Your Name _____ DOC # _____

Your IWW Membership Number _____

1st Emergency Contact Name (friend or family on the outside) _____

Emergency Contact Phone _____ and Email _____

2nd Emergency Contact Name (friend or family on the outside) _____

Emergency Contact Phone _____ and Email _____

May we contact your emergency person regarding local prisoner support efforts? Yes _____ No _____

Stacked in a cage behind a wall or inside a fence, how did I get here? It makes little sense. Another child born into abuse, just another soul for the system to use. Socially disadvantaged, there is not much chance of success. Institutionalized, now my life is a mess! Each trip to this place steals more and more of my soul. My identity lost I live in a dark empty hole. Loved ones lost, no lover, no home. They all claimed they loved you but now I'm left all alone. That's such a nightmare you say, surely that all can't be true. But, believe me there is no doubt, you're now just a dollar sign they won't let you out. This is all so ridiculous you tell me confused, surely this all can't be real! Just make sure it's not your whole your life the system next steals! This poem is titled: Lost Souls, by Anthony Heidenreich and was written in Solitary confinement